

## **Best Practice – I**

### **Title: Unpolluted, Eco-friendly Atmosphere**

#### **Objectives:**

- To focus on clean environment
- To make the students learn to conserve trees, plants and water
- To plant saplings and seedlings of various species on the premises.

#### **Context:**

Rivers dry up, wild life has become extinct, the climate is ruined and the land grows poorer and uglier every day. Nature is without a guardian. The institution is for the students and so the institution is very particular about an unpolluted, eco-friendly atmosphere. Being more concerned about the students' welfare, the institution has grown wide range of plants and trees on the campus

#### **Practice:**

The institution has distinctive pollution free, noiseless, calm and conducive atmosphere. It is a great boon for the students to study in this tranquil atmosphere. The institution has a big lush green garden and it has around two hundred species of plants including herbs, shrubs and big trees. Almost thirty varieties of medicinal plants which are helpful in the process of healing illness or infection are planted in the Herbal Garden.

A number of trees are planted on campus and the trees provide shade for the students. During the free time the students sit down in the shade of the trees and they relax, enjoy and have lunch together. They breathe in fresh air. Morning and evening the gardeners water the plants, weeds are taken out from the ground, the longer branches of the trees and the hedges are pruned properly.

The Eco Club that functions effectively in the institution focuses on clean environment. The Eco Club teaches students the importance of the healthy environment. Students plant saplings and seedlings of various species on the premises. They are taught to abolish the use of harmful plastic products including plastic plates, plastic cups, plastic water bottles and switch on eco-friendly materials.

In the Department of Chemistry, students are doing practical adopting micro scale experiment using micro test tube, dropper, glass rod, tiles and lighter. This experiment has cut down the cost of chemicals and the usage of fuel. It also reduces the level of pollution and it is very safe for the students to do experiment.

Rainwater is free from ions and so during the rainy season the rainwater is collected and preserved in a barrel and one long year this rainwater is used for laboratory experiments. There is a special underground drainage system in the Chemistry laboratory to dispose the effluent – liquid waste through sewage disposal. They are safely drained into a percolation pit constructed and covered

with a lid. Use of disposable plastics and non-biodegradable products are prohibited inside the campus. Biodegradable wastes are disposed in the dumping ground and non-biodegradable wastes are recycled.

**Evidence of Success:**

A congenial learning environment is provided for the students.  
Students throng to get admission in this institution which is beautifully situated in a quiet and peaceful spot.  
Students learn to conserve trees, plants, and water.

**Problems encountered:**

The institution is situated in the southern part of Thoothukudi District. Even though the total amount of rain that falls in this particular area is not sufficient, through borewell water is supplied to the trees and plants.

**Best Practice – II**

**Title: Training the Untrained Students**

**Objectives:**

**To train the untrained students to perform in sports and games**  
**To teach sportsmanship to the students**  
**To make the sportsperson a disciplined citizen**

**Context:**

The institution is situated in the rural area and most of the students are hailing from rural background and they are mostly first generation graduates. They are not well focused on sports and games. They are young and energetic, and they have sporting interests but they have not participated in major sporting events and they are not aware of the sporting strategies and techniques, and they are not well trained and they are not given coaching to improve their skill. The institution proves that sports students have a great future ahead of them.

**Practice:**

The institution has completed more than fifty years of valuable educational service to the youth of this rural area. It has made great progress since the year of its inception 1967. It has a reputation for high standards of discipline.

The institution takes strenuous efforts to bring out and enhance the hidden skills and to inculcate human values, morals and ethics in the minds of the students. According to the motto of our college, Arise and Shine, many of the students have excelled in their studies and sports and games, and upgraded to IPS level and they are working in government and private sectors and in foreign

countries.

Ample opportunities are provided for the students to play various games and to participate in athletics. Students who excel in sports are selected and given regular training to participate in the inter-collegiate sports competitions. Sports students are encouraged to avail themselves of the full range of facilities. Women students are also encouraged to participate in sports and games

Skilled students are given regular coaching throughout the year. Special physical fitness training is given to the students who appear for the uniform service examination. Special physical fitness training and guidance are given to the students who are willing to join Physical Education degree courses.

Sports and games discipline the students. It teaches not only how to play a particular game but also it teaches good discipline. Every morning 6.30 to 8.30 the students are asked to come for the training compulsorily. The training session is a tough time for the players. The training students are asked to run slowly and steadily, sprint, walk with long steps, making great strides,, jump up and down, pace up and down, pad , stamp, stroll, and trudge.

Students who are involved in sports activities are expected to be present in the training field at the right time. They are expected to be prompt when attending the training. Punctuality and promptness are the most essential requirements for a sportsman. Sports train the mind and heart of the sportsman.

If they are in the wrong, they will be guided and monitored and till they mend their ways they will be persuaded and watched. They will be on the watch till they become refined citizens.

#### **Evidence of Success:**

- Students participate in a range of sporting activities.
- Students learn sportsmanship.
- Sportspersons become good citizens.

#### **Problems encountered:**

After completing the high school education, when the students enter into the institution, they are not good at sports and they do not have sportsmanlike attitude. The institution makes concerted efforts to shape and develop them as good sportspersons.